(LCN Connections Issue 16 - December 2015)

LCN CHAPTER

KOLKATA WEST BENGAL, INDIA

by Nikate and Shri Khaitan

The Monroe Institute has become a part of our lives and the Local Chapter members family.

Both Shri and I look forward to our weekly meeting every Wednesday and Thursday often adjusting our travel plans to be present for the meeting. The sharing of experiences with like-minded people without any fear of being judged is a breath of fresh air for all.

These are some of the comments made by our members:

I did the excursion program of the Monroe Institute almost a year ago and it has really changed not only my life but also the way i see myself. It has helped me tap into parts of my mind and consciousness that i wasn't even aware of. It's help make me become a much more calmer and aware person of others as well as myself. Overall it has helped me connect more with myself and i feel that is the most important achievement in my past one year. Thank you!
Pooja

Firstly, I express my heartiest gratitude to Nikate and Shrimangala for taking is on this beautiful spiritual journey, and that too so selflessly. I connected with them about 3 years back, there has been no looking back ever since . 3 years back ,I was going through a very rough patch in my life and was totally crippled emotionally . These meditations soon became my crutches .

This connection has done wonders in my life -- I feel grounded. I am calmer yet stronger. My physical health is better and mentally I feel far more stronger . I am more focused and take better decisions. My capacity to handle situations has improved immensely. I feel happy from within . It has helped me in so many areas. I have become more intuitive. The tools which were taught to us in these programs are very powerful (just that we have to make it a part of our lives) . I have had an outer body experience too .

Thank you, Monroe Institute, for ' Connecting Me with Myself '

Feel blessed,
Kavita Jhunjhunwala

Doing the Excursion workshop and Advanced Excursion Program designed by Robert Monroe is one of the best things that I have done for my self ! (pun intended) ! It has bought a lot of peace and calmness in me ! I am overwhelmed with joy and gratitude!
Rajshree Bhartiya

The Excursion program gave me a lot of stability. I know now where the solution are to my day to day problems, whether it is health, dealings with people, or my family. I know where to look for simple constructive solutions.
Shelly Jain

Appropriately called Excursions the workshops I attended were exhilarating journeys, taking seldom traveled paths, charting territories of the mind previously unknown and tapping into inner resources that one wasn't even aware of, let alone exercised. Leaving me more focused, connected and intuitive. Thanks for the ride.

Samita Basu